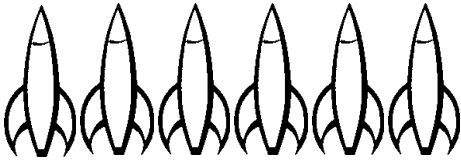


3-Week Planetary Path Activities



Each time you complete one of these activities, shade 6 spaceships.

- Spend at least 20 minutes volunteering at a nursing home, infant intensive care unit, children's cancer ward, hospice, soup kitchen, school, etc.
- Read a book or magazine on spirituality, religion, personal development, or any topic that makes you feel happy, inspired, or at peace.
- Write down the times in your life when you felt you were in touch with your true self. Determine the common thread across them.
- Keep a log of all the routine activities you do during a week. Check off items that could be omitted or simplified.
- Sit in at a church, synagogue, or meditation center you've never been to.
- Attend a self-help group meeting, such as AA or Narcotics Anonymous.
- Get a professional massage.
- Spend the evening in a library or bookstore just browsing for new ideas.
- Join a community group—a charity, choir, theater, or neighborhood association.
- Take a solo trip to a mountaintop, to a secluded meadow, stream, river, lake or ocean, or to a trail through the woods.
- Go dancing.
- Babysit for a single neighbor or coworker.
- Take a class in parenting.
- Buy an exercise cycle or other home fitness equipment.
- Devote a full day off to rest or recreation or reading
- Join a local sports team.
- Hold a yard sale.
- Start or renew a health club membership.
- Take care of an unresolved obligation that's been nagging at your mind for years.
- Attend an exercise or dance class.
- Write or update your will.
- Buy some new exercise shoes.
- Learn to play a musical instrument.
- Go on a second honeymoon with your special person.
- Soothe hard feelings with someone who's important to you, then keep working on the relationship.
- Take a special young person out for a healthy meal and help them plan their life goals.
- "Adopt" a neighbor—help someone who's unable to mow their lawn, shovel snow, clean their yard, finish a home repair, etc.
- Go 2 days in a row without watching TV.



Fitness Boosters

Earn 1 spaceship for every 5 minutes of **exercise**. Examples: brisk walking, stationary cycling, yoga, jogging, canoeing, badminton, rope skipping, aerobics, tennis, weight training, gardening, volleyball – you name it.